

# Challenges in Caregiving: Giving Care, Taking Care~June 7, 2004

8:00	Registration	Coffee and Resource Exhibits
9:00	Welcoming Remarks	
9:10–10:15	Keynote Address: Caregiving as a Spiritual Journey	Rita Bresnahan, MSW, PhD
10:15–10:45	Break	Refreshments and Resource Exhibits
10:45–12:00 Concurrent Workshops  Please Choose One to Attend	<p><b>A1 Dementia: Communication Strategies to Ease Agitated Behaviors</b> <b>Julee Clark, MA, LMFT</b>  Agitated behaviors often occur in individuals with dementia. Angry outbursts, resisting care, even hitting or striking out are very upsetting for caregivers and for the person with dementia. Learn how you can help defuse the person's anger and how good communication skills will help calm an agitated person. This workshop is applicable to dementia related to various conditions including, but not limited to, Alzheimer's, Parkinson's or Down syndrome. (Will be repeated as B1)</p> <p><b>A2 Is it Depression? Signs, Symptoms and Interventions</b> <b>Karen Kent, MSG</b>  Depression is common in people with chronic illnesses and in the individuals who care for them. This workshop will help you identify the signs of depression in both the caregiver and the person receiving care. It will provide simple day-to-day interventions and help you recognize when medical help is needed.</p> <p><b>A3 Understanding Grief: The Emotional, Physical, Spiritual and Social Impact on Caregivers</b> <b>Clarice Redmond, MSW, MLA</b>  Caregivers experience multiple losses...loss of companionship of an ailing spouse, loss of dreams for a disabled child who will not develop in typical ways, loss of a beloved client. Grieving these losses is critical to the emotional and physical health of the caregiver. This interactive workshop is an opportunity for caregivers to understand their own grief process, and understand the complex emotions that accompany grief.</p> <p><b>A4 Managing Medications: Common Misuse and Abuse of Drugs</b> <b>Michaelene Kedzierski, RPh, CDP</b>  This informative workshop, presented by a licensed pharmacist, will help you identify causes of medication misuse and risk factors for medication-related problems in the elderly. You will learn practical and creative techniques for safely managing medications in the home or community care setting.</p> <p><b>A5 Legal and Financial Issues in Caregiving</b> <b>Daniel A. Farr, Attorney-at-Law</b>  Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness or disability. Durable Powers of Attorney, Guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Will be repeated as C5)</p> <p><b>A6 Community Resources: Negotiating the Maze of Long Term Care</b> <b>Sally Friedman and Joanne McMahon, MSW</b>  Many programs and services exist in local communities to help older adults, adults with disabilities, and their caregivers. The Family Caregiver Support Program simplifies the process of working through the maze of long-term care services. This workshop will help family caregivers find the right services at the right time.</p>	
12:00–1:30	Luncheon	
1:30–2:45 Concurrent Workshops  Please Choose One to Attend	<p><b>B1 Dementia: Communication Strategies to Ease Agitated Behaviors</b> <b>Julee Clark, MA, LMFT</b>  Agitated behaviors often occur in individuals with dementia. Angry outbursts, resisting care, even hitting or striking out are very upsetting for caregivers and for the person with dementia. Learn how you can help defuse the person's anger and how good communication skills will help calm an agitated person. This workshop is applicable to dementia related to various conditions including, but not limited to, Alzheimer's, Parkinson's or Down syndrome. (Repeat of A1)</p> <p><b>B2 With a Laughing Spirit</b> <b>Rita Bresnahan, MSW, PhD</b>  The daily responsibility of caregiving is a serious matter, leaving many caregivers feeling downhearted and overwhelmed. This workshop will help you bring joy into your caregiving role, and will offer specific ideas for finding humor in stressful situations.</p> <p><b>B3 Talking with Your Doctor: Making the Most of the Visit</b> <b>Sue Schepp, RN, BSN</b>  Medical appointments can be rushed, confusing, and frustrating, sometimes leaving patients and their caregivers wanting more information or feeling that their needs haven't been met. In this workshop, you'll learn specific strategies to improve communication with medical professionals, and help ensure the best quality medical care.</p> <p><b>B4 Stay Fit While you Sit: Exercise for All Fitness Levels</b> <b>Eva Montee, BA, ACE, AIFE, FEOAA</b>  Many people think they can't exercise because they're in a wheelchair or don't have the stamina to keep up with Jane Fonda! Eva's session will have you participating in a safe, fun, energetic aerobic workout while seated in a chair. Learn a variety of exercises which you can adapt and use in your home or your facility. Also included will be exercises for strength and balance...a must for preventing falls.</p> <p><b>B5 Feelings: Recognizing and Coping with Anger, Guilt and Grief</b> <b>John Gibson, DSW, MSW</b>  The relationship between caregiver and care receiver can be intense, complex, rewarding and frustrating. This workshop will help you recognize many different emotions, sort through confusing and contradictory feelings, and develop strategies for managing feelings such as anger, guilt, shame and grief. (Will be repeated as C2)</p> <p><b>B6 Tips and Tools for Easier Home Care</b> <b>Stephanie Sahanow, OTR/L</b>  Many activities of daily living are difficult or impossible for a person with disabilities. This workshop will demonstrate several gadgets and techniques that make dressing, bathing, eating and mobility simpler for the person with disabilities and less demanding for the caregiver.</p>	

2:45–3:00	Break	Refreshments and Resource Exhibits
<b>3:00–4:15</b> <b>Concurrent Workshops</b>  Please Choose One to Attend	<p><b>C1 Healthy Responses to Daily Stress</b> <b>Karen Kent, MSG</b>            Stress is the body's physical and mental response to the pressure of caregiving and the demands of our daily lives. In this workshop, we will learn how to change our response to common stressors and learn to manage stress in a more healthy way. The speaker will offer both immediate and long-term strategies for stress management.</p> <p><b>C2 Feelings: Recognizing and Coping with Anger, Guilt and Grief</b> <b>John Gibson, DSW, MSW</b>            The relationship between caregiver and care receiver can be intense, complex, rewarding and frustrating. This workshop will help you recognize many different emotions, sort through confusing and contradictory feelings, and develop strategies for managing feelings such as anger, guilt, shame and grief. (Repeat of B5)</p> <p><b>C3 When Caregivers Get Older: Planning for Your Adult Child with a Disability</b> <b>Nan Meltzer, MS and Eleanor Owen, MEd</b>            Many family caregivers who take care of their adult children with developmental disabilities or mental illness are getting older themselves. Caregivers often worry about what will happen when they become unable to provide care. This workshop will help clarify needs about public benefits and resources available to help in planning for the future.</p> <p><b>C4 Tips for Safe Transfers and Mobility</b> <b>James C. Fuller, PT</b>            This workshop provides practical information on basic body mechanics. Skills for safe transfers and assisting with mobility are demonstrated. You will also have the chance to see assistive devices and home adaptations that make transfers and mobility safer and easier.</p> <p><b>C5 Legal and Financial Issues in Caregiving</b> <b>Daniel A. Farr, Attorney-at-Law</b>            Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness or disability. Durable Powers of Attorney, Guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Repeat of A5)</p> <p><b>C6 Giving Care &amp; Taking Care: A Discussion Group</b> <b>Joanne McMahon, MSW</b>            The challenges of "giving care and taking care" create difficult situations and dilemmas for family members. This information sharing and support session provides the opportunity to discuss major concerns and daily frustrations with other caregivers and a professional facilitator. Listen, learn and share your experiences with other people in similar circumstances.</p>	
4:15	Celebration of Caregiving Reception	Refreshments and Door Prizes

## Faculty

**Rita Bresnahan, MSW, PhD**

Psychotherapist, Educator, Spiritual Counselor

Author, *Walking One Another Home: Moments of Grace and Possibilities in the Midst of Alzheimer's*

**Julee Clark, MA, LMFT**

Psychotherapist, Dementia Care Consultant

**Daniel A. Farr, Elder Law and Estate Planning Attorney**

Member, Estate and Elder Law Section of the Washington State Bar

Association and the US District Court for the Western District of Washington

**Sally Friedman, Caregiver Advocate**

Senior Services of King County

**James C. Fuller, PT**

Adult Rehab Therapies

**John Gibson, DSW, MSW**

Consultant, Counselor and Trainer

**Michaelene Kedzierski, RPh, CDP**

Clinical Associate Professor

University of Washington School of Pharmacy

**Karen Kent, MSG**

Evergreen Healthcare

**Joanne McMahon, MSW**

Site Manager, Elderhealth Northwest

Trained Facilitator, Alzheimer's Association

**Nan Meltzer, MS**

Coordinator of the Senior Family Caregiver Support Project of

ARC of King County

**Eva Montee, BA, ACE, AIFE, FEOAA**

Older Adult Fitness Specialist

**Eleanor Owen, MEd**

Co-Founder of National Alliance for the Mentally Ill (NAMI)

**Clarice Redmond, MSW, MLA**

Safe Crossings Counselor

Providence Hospice of Seattle

**Stephanie Sahanow, OTR/L**

Swedish Home Care Services

**Sue Schepp, RN, BSN**

Alzheimer's Association, Western and Central Washington State Chapter